

Every child develops in his or her own way. Celebrate the positive ways your child grows and learns!



Growth is a measure of good health ○○○

Growth depends mostly on genes and good nutrition. Your child may grow more some months than others. During growth spurts he or she will usually eat more. Regular well-child checkups are important. If you are concerned about your child's growth, talk with his or her doctor or nurse.

A healthy child:

- Has energy to play.
- Sleeps well.
- Enjoys a variety of healthy foods.
- Feels good about his or her body.

Keep your family's food safe. ▽ ▽ ▽

Here are some tips to keep the food your family eats as safe as possible:

- Wash your hands with soap and warm water for 20 seconds before and after you handle food.
- Before your child eats, make sure he or she washes hands with soap and warm water for 20 seconds (the time it takes to sing the ABC song).
- Rinse fruits and vegetables with running tap water before you serve them.
- Keep raw meat, poultry (such as chicken and turkey), and seafood away from foods that won't be cooked, such as fresh vegetables or fruit.
- Always wash cutting boards, dishes, and utensils (such as knives, forks, and spatulas) after they touch raw meat, poultry, eggs, or seafood.
- Use BPA-free or glass, stainless steel, or ceramic food and drink containers to store, heat, or serve food.

FOR MORE INFORMATION ON FOOD SAFETY

- **VISIT:** www.fsis.usda.gov

FOR HELP FINDING NUTRITION RESOURCES:

- **CALL:** WithinReach Family Health Hotline
1-800-322-2588 (711 TTY relay)
- **VISIT:** www.ParentHelp123.org



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Feeding Your Child

○ 18 MONTHS TO 3 YEARS





Your child's job is to choose how much of those foods to eat.

Your job is to provide a variety of healthy foods.

You are your child's best teacher ○ ○ ○

Here are some tips to teach your child good eating habits:

- Eat a variety of healthy foods at meal and snack times.
- Shop for healthy foods with your child. Let your child pick out a fruit or vegetable.
- Make meal time family time. Focus on the meal and each other. Turn off the TV, tablet, and phone.
- Reward your child with your love and attention, not food.

- Have fun in the kitchen. Your child can help cut food into fun and easy shapes with cookie cutters.
- Be active together. Hop, skip, jump, run, and have fun playing.

Build a healthy plate * * *

Your child's stomach is small, so his or her meals will be, too. A child's portion size is about a tablespoon of food per year of age. Let your child ask for more if he or she is still hungry.

Learning to eat new foods △ △ △

Your child is learning how foods look, feel, taste, and smell. He or she is also learning how to use a cup and spoon. It's a messy process. Be patient with your child as he or she learns to eat.

Start healthy habits early.

Avoid food battles by trying these tips:

- Use phrases, such as, "We can try these vegetables again another time. Everybody likes different foods, don't they?"
- Let everyone decide what and how much to eat from what you provide for the meal.
- Offer a variety of healthy food choices and include one or two foods that each person likes.

Snacks are a good way to introduce new foods. Snacks are little meals, not handouts or treats. To give your child energy he or she needs to eat about every two or three hours.

A severe food allergy can be life threatening.

Talk with your child's doctor or nurse if you are worried about a food allergy. The only way to prevent a food allergy reaction is to avoid that food and foods that contain it.

